A HEART OF GRATITUDE

A Transformational Workshop for Body, Mind, Heart and Spirit

This is part of the "Rising into the Full Moon" Series

Using the vehicles of body, voice, and breathe woven with guided movement and sound explorations in a gentle, supportive community, we will celebrate and create a full moon ceremony through movement and stillness, sound and silence as we call forth from our deepest and widest selves a song(s) of gratitude, a dance(s) of gratitude, a heart of gratitude

INTENTIONS FOR THE SERIES:

Harmonizing of Body, Mind and Spirit

Re awakening a sense of wonder

Cultivating states of joy and peace

Re-membering the pleasure of being in our bodies

Expressing our Widest and Deepest Selves

Encouraging creativity and spontaneity

Reclaiming our animal inspired grace

Celebrating and sharing the gifts and

This is the third in a series of workshops offered with love, gratitude and grace. Each workshop will be aligned with an element in nature. The third work-shops element is water.

Saturday, November 24
1:00— 4:00 p.m. or

Sunday, November 25
1:00—4:00 p.m.

At M'Illumino

6921 Roosevelt Way NE,
Seattle WA 98115

To Register: (206) 412—5734
or xicana9@hotmail.com

Investment: $75.00

Please join us for an exciting series of workshops facilitated by internationally exhibited artist and sound energy intuitive Debora Barrera Pontillo

" To work with Debora is to be held in light and love. She is grace, gentleness, humility. Her presence and space resonate with power and reverence ."

Website:www.deborabarrerapontillo.com
Blog:http://heartfulhealing.blogspot.com